



REVIEWS

BOOKS

Reviewed by Ruth Parnell

THE TERRACOTTA WARRIORS: The Secret Codes of the Emperor's Army by Maurice Cotterell

Headline Book Publishing, UK, 2003
ISBN 0-7472-7132-1 (298pp hc)
Availability: Headline, website
<http://www.headline.co.uk>,
<http://www.hodderheadline.com>

The world was awestruck at the discovery of a life-sized terracotta army of soldiers, horses and chariots unearthed near Xiyang village in Lintong province, China, in the mid-1970s. They were buried a few kilometres from the huge pyramid-shaped earthen mound—the legendary burial place of Qin Shi Huangdi, the first Emperor of a unified China who initiated the prosperous yet short-lived Ch'in Dynasty, ruling from 221 to his death in 210 BC. But why were 8,099 life-sized terracotta warriors, each weighing over half a tonne, buried there at all? To guard the emperor in the afterlife?

Engineer/scientist Maurice Cotterell, having decoded secrets embodied in Mayan, Egyptian and Peruvian artefacts, wondered whether esoteric secrets had been encoded in these terracotta artefacts—and sure enough, the more he looked the more he found. While archaeologists had already determined that the shape of the warriors' heads, faces and hairstyles corresponded to 10 shapes of the 10,516-character Chinese alphabet, Cotterell took the research further by analysing what the characters stood for and decoding a hidden message. In the placements of the warriors and the design of the pits housing them, he discovered numer-

ical keys to knowledge of solar physics and cycles as well as of God, time and the after-life. Intriguingly, he found similarities with astronomical and numerical keys decoded from the ancient Mayan, Egyptian and Peruvian artefacts—ones relating to Pacal Votan, Tutankhamun and Viracocha and thus begging the question of whether Emperor Qin Shi Huangdi was an equal among these ancient culture-heroes.

Cotterell has written extensively on these "supergods" in his previous four books, and gives a summary of those analyses in the appendices of *The Terracotta Warriors*. He presents his latest findings in the context of Chinese history, philosophy and mythology, making this a richly rewarding read.

YOU ARE G8, WE ARE 6 BILLION: The Truth Behind the Genoa Protests by Jonathan Neale

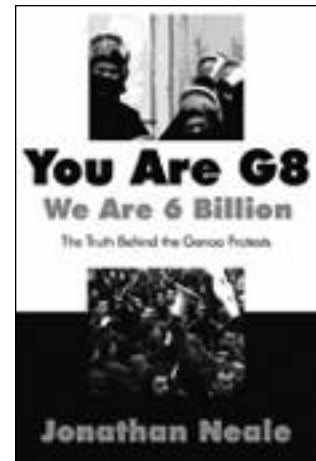
Vision Paperbacks, UK, 2002
ISBN 1-904132-13-8 (274pp tpb)
Availability: Vision Paperbacks, website
<http://www.visionpaperbacks.co.uk>

All too often the corporate media portray anti-globalisation protests and protesters in a savage light, without providing much analysis as to *why* the protests are taking place. Since the watershed Seattle protests against the World Trade Organization in 1999, there have been many more mass demonstrations aimed at this and other elitist structures including the World Economic Forum and the G8 industrial nations.

Seasoned UK socialist activist, union organiser, protester and writer Jonathan Neale was involved in organising the rallies and marches in Genoa, Italy, against the G8 meeting in July 2001, and this is his take on what went down, considering he couldn't be

in every hotspot at once. It's the story of a mass protest movement (300,000 people turned out for the July 21 march) against the forces that favour so-called "free" trade over "fair" trade at all cost—and the police who do their bidding (though the truth has since come out, damning police overkill against protesters). But it's also Neale's personal story with hands-on, in-your-face involvement, real people and political commentary.

To put the protests into context, Neale intersperses his narrative with chapters focusing on: poverty and aid (he lived in India as a teenager); AIDS in Africa; "Star Wars" and global warming; Middle East oil, dictatorship and war; and the new corporate order that's strangling workers and farmers the world over. He also reflects on the failures of communism and the weaknesses and strengths of today's anti-war movement, while encouraging more people to make a stand for a better, more equitable future. Challenging, yet with a hopeful vision.



REVIEWS



SPIN WAVE TECHNOLOGY

by George J. Bugh

Vasant Corporation, USA, 2002

ISBN 0-9716616-1-8 (262pp tpb)

Availability: Vasant Corporation, website
<http://www.vasantcorporation.com>

If you've ever had the perception that everything is in motion but is still at the same time, then you'll have a feel for standing waves and George Bugh's thesis on spin wave technology. This is the text version of the multimedia CD that introduced Bugh's theory, and is the result of his seven years spent investigating various devices exhibiting anomalous electromagnetic and electro-gravitic effects or claimed to have over-unity capabilities. Bugh is a Texan-born aerospace electronics engineer with over 20 years' experience in the field. His book is a collection of papers he's written on such choice subjects as classical versus quantum particle spin, the angular momentum of an electron, the thermodynamics of a magnetic hurricane, magnetic waves as the cause of gravity, and the nature of time and relativity.

At the basis of Bugh's theory is the idea that we live in a sea of electromagnetic standing waves; in fact, the universe of matter is full of them. Bugh maintains that the classical electrodynamics notion that all electromagnetically charged particles, like quarks and electrons, radiate energy away from gyroscopic precessional motions and orbital motions is essentially correct. But he goes further by suggesting that all particles are also absorbing just as much energy from all other radiating particles. The continuously absorbed energy equals the radiated energy and applies forces that move similar-type particles into harmonious precessional motions with each other. Sounds cosmic,

doesn't it? Well, Bugh maintains it's common sense, and that these particle spin interactions are possible even among compensating spins. What he's saying should be relevant to anyone who's wondering where their quantum physics grappling is leading them or who's trying to deglitch their latest free-energy or antigravity device.

Bugh explains that all sorts of technologies can be created based on these particle spin interactions, which is every encouragement for further research and development.

THE GOSPEL OF THE TOLTECS: The Life and Teachings of Quetzalcoatl

by Frank Díaz

Bear & Company, USA, 2002

ISBN 1-879181-86-X (230pp tpb)

Availability: Bear & Company, website

<http://www.InnerTraditions.com>;

Adventures Unlimited, website

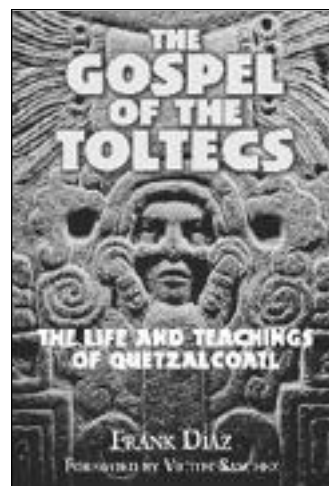
<http://www.adventuresunlimitedpress.com>

Cuban-born anthropologist Frank Díaz, who teaches out of Cuernavaca University in Mexico, specialises in shamanic studies, the Nahuatl language and Mesoamerican traditions including those of the Maya and particularly the Toltec.

The heyday of the Toltecs was between the 8th and 12th centuries AD, but, despite their decline 300 years before the Spanish arrived in Mexico in 1521, their spiritual legacy is being kept alive today by their descendants. As Victor Sanchez (who has written several books about the Toltecs) highlights in the foreword to Díaz's book, *Gospel of the Toltecs*, the Toltecs and Maya had a spiritual leader in common: Ce Acatl Topiltzin, or Quetzalcoatl—symbolised by the feathered serpent that represents the essence of duality and the potential for unity. The Toltec

leader, according to this version, was born in AD 947 and was a key figure in the development of Toltec culture.

Díaz doesn't introduce his study (though he does reference it), so it's up to the reader to dive in regardless and become immersed in this rendition of the life and teachings of Quetzalcoatl—a story that has remarkable correspondences with the accounts of Jesus, Buddha and Krishna. The gospel's chapter headings, such as "Prophecy of Hueman the Elder", "The Soothsayer Fish", "The Enigmas of the Serpent", "The Crossroads" and "The Priests of the God of Death" give an inkling of what's in store ancient wisdom-wise. Each chapter is headed by a Toltec glyph that illustrates something of the message. Díaz's sources include the oral tradition of descendants, extant Nahuatl and Maya codices and Spanish chronicles. These are wise, ancient words with a hint of familiarity with other great world religions.





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WITHOUT CONSENT: Extraterrestrial Contact and Alien Abduction in the UK

by Carl Nagaitis and Philip Mantle

Beyond Publications, UK, 2002

ISBN 1-903782-02-3 (261pp tpb)

Availability: Beyond Publications, website

<http://www.beyondpublications.com>

The alien abduction phenomenon is by no means confined to the United States but is reported worldwide. UFO researcher/author Philip Mantle and freelance journalist Carl Nagaitis first put out this book in 1994, in the days before the TV series *The X-Files* took the mystery into the wider world and grabbed the public imagination. However, their intention was to show that the phenomenon happens in the UK as much as anywhere else, and that a range of sane if not ordinary people have had extraordinary experiences involving alien beings.

Not having seen the original book, I can't really judge how much of the content is new, but there seem to be two fascinating and thoughtful additions circa mid-1990s as well as a new introduction from Nagaitis that tempts with the story of the airline executive with a mysterious metal implant. There's also a foreword from Nick Pope, the former British MoD bureaucrat who staffed the Secretariat (Air Staff) desk in 1991–94.

Pope confides that it was enough for him to persuade sceptical MoD elements to take UFO sighting reports seriously, let alone try to convince them that members of the public were reporting they'd had close encounters with ETs, often in situations involving strange surgical and even sexual procedures. He didn't want the entire field of ufology to be perceived as a joke by the MoD, the military and the scientific community. Pope

says that in his official and private work he's had dealings with around a hundred abductees, so he's in a special position to be open minded. He goes so far as to suggest that, because these abductees claim to have been taken against their will, their abductors may be guilty of crimes against humanity.

The abductees featured in *Without Consent* may have learned to cope with, if not gained rewarding insights from, their experiences, but most of them just want answers to what happened to them. Their remarkable stories, going back to the 1950s, are presented sympathetically and compellingly.

THE GENESIS AND GEOMETRY OF THE LABYRINTH:

**Architecture, Hidden Language,
Myths and Rituals**

by Patrick Conty

Inner Traditions, USA, 2002

ISBN 0-89281-922-7 (298pp 1/f tpb)

Availability: Inner Traditions, website

<http://www.InnerTraditions.com>

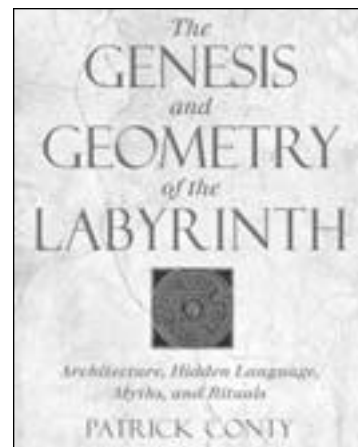
Make no mistake, there's meaning in them thar myths. And one with a certain mystique is the Cretan myth involving the labyrinth, with its hero and minotaur. But what's the meaning behind this sacred symbolic interplay and territory? What actually does the labyrinth delineate? Could it be that it's a map that can liberate the mind? Suddenly it twigs that the action of moving meditatively around the twists and turns of a selectively sited sacred labyrinth can produce harmonious brain-waves. Such patterns can be found in the artefacts of so many ancient cultures, but there had to be a reason why, and this is the question that author Patrick Conty ably explores in *The*

Genesis and Geometry of the Labyrinth.

It's uncanny how many times labyrinths have cropped up in my purview of recent times, which of course has to be a sign! I've heard about portable labyrinths being taken into prisons to serve as walking contemplation templates—configurations for wholeness—for the prisoners. So I have no hesitation in recommending Conty's book for anyone keen on investigating the enigmas, geometries and gestalts of the labyrinth.

Connecting with the labyrinth links you into an ancient cultural memory via a quantum crossing that can also propel you into another dimensional reality. Not surprisingly, knot theory is a modern mathematical tool for decoding the hidden language of the labyrinth as much as the ancient Celtic knot designs, and Conty provides rich illustrative examples of these amazing forms.

The more I discover about the labyrinth's transformative powers, the more I think every town should have one. The message: revelation through circumambulation!



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SAVE ISRAEL!

by Barry Chamish

Modiin House, Israel, 2002

ISBN pending (387pp tpb)

Availability: Modiin House, Nakhal Zohar

St 40/2, Modiin, Israel 71700,

tel/fax +972 8 972 0804,

email chamish@netvision.net.il

Barry Chamish is a controversial Israeli "conspiracy" researcher and commentator who seems to have more popularity on the Internet than at home, though he assures us this is changing. In recent years he's been doggedly trying to convince people there was an alternative plot behind the assassination of Yitzhak Rabin, and he's been developing a case for a new investigation.

This is risky business, as Chamish makes damning assertions that no one power group would want broadcast—not the Israeli establishment, nor certain Palestinian officials, nor the Vatican, nor European and American elites, especially key members of the Bilderbergs and the Council on Foreign Relations whom he regards as "corrupters of the Jewish nation". And certainly not the CIA, as here he expands on his findings that the US agency, in collusion with the Israeli Shabak, trained PLO snipers whose targets weren't only to be Hamas and Islamic Jihad terrorists but Israeli politicians and citizens.

Chamish makes many shocking revelations, and in a tone that's often brash and caustic, reflecting his take on some of the ugly scenarios he describes. He has little sympathy for the Palestinian Arabs or their cause, and certainly none for the PLO, which he maintains is excavating under the Temple Mount, looking for ways to blackmail the Vatican and make gains in world diplomacy. But they're not the only ones, as

it looks like the Knights Templar are also trying to reclaim their stake in this sacred site! Chamish has only horrors to speak of "the cabal of hidden American and European rulers out to get Israel". From what he's saying, there are more routes on the Middle East "road map" than are generally presumed, and peace is not part of the itinerary. Chamish's book is bound to disturb people on all sides of the debate.

THE SECRET LAND 2: JOURNEYS INTO THE MYSTERY

by Gary Cook

StonePrint Press, New Zealand, 2002

ISBN 0-9582040-8-X (200pp tpb)

Availability: StonePrint Press, website

<http://www.stoneprint.co.nz>

This second book in New Zealander Gary Cook's *Secret Land* series is a captivating collection of writings first published in the magazine *Rainbow News* between August 1997 and November 2001. Titled *Journeys into the Mystery*, they explore his travels to and experiences in sacred places in New Zealand's North and South Islands, as well as a couple of forays into key ancient sites in England and Canada.

Cook, a researcher, health professional, businessman, explorer and author who also heads up a group called the United Cultural Convention, has a passion for getting to the core of New Zealand's hidden history. His links with various tribal elders, including the people of Waitaha—who trace their *whakapapa* or genealogy back through 67 generations—helped facilitate his visits to a number of sacred places. His main mission is to reconnect with the spirit of *tangata whenua*, the first people of the land who may in fact have comprised a collection of races, even

preceding the arrival of the first Maori tribes. Indeed, his every move seems to be heralded by sacred natural omens.

He writes of his expeditions to the Kaimanawa Wall, an hour's drive from Taupo in the central North Island, to the star maps of Maunganui Bluff in Northland, as well as to the sea gardens at Punakaiki and the greenstone trail in the South Island. He uncovers maps written in stone, charts powerful standing stones marking out ley lines, and senses the cosmic sonic properties of the imposing limestone tor, Castle Hill—an ancient gathering-place of learning and wisdom. Gary Cook is part of a new wave of researchers, historians and anthropologists who are rewriting the mainstream version of NZ "prehistory". He imparts a special atmosphere in his travelogues, supporting each chapter with at least one stunning colour photograph (if only there were more!). I can hardly wait for the video!





REVIEWS

DREAMING WAR: Blood for Oil and the Cheney–Bush Junta by Gore Vidal

Thunder's Mouth Press/Nation Books, USA, 2002; Clairview Books, UK, 2003
ISBN 1-56025-502-1 (197pp tpb, USA),
ISBN 1-902636-41-4 (197pp tpb, UK)
Availability: Thunder's Mouth Press, website <http://www.thundersmouth.com>;
Clairview Books, www.clairviewbooks.com

This latest collection of essays from "dis-sident patriot" American author Gore Vidal follows hot on the heels of *Perpetual War for Perpetual Peace* (see review, 10/02). In *Dreaming War*, he continues those themes with 11 essays spanning the last decade. In the most recent, a lengthy essay dated November 2002, he focuses on the unanswered questions before, during and after the September 11, 2001, terrorist attacks on the World Trade Center and the Pentagon. Not that he can answer all those questions, but he does some stern finger-pointing at the Cheney–Bush junta and its push to control Caspian gas and Iraqi oil.

Since the publication of this collection, the United States, with backing from its allies the UK, Australia and Poland, has already waged war to "liberate" Iraq—an inevitable action according to Vidal's reading between the lines of recent history. His first essay, from January 2001, is on the theft of the US Presidency in Florida and it sets a prophetic tone for Vidal's takes on the theft of democracy, truth and human rights through the domestic and foreign policy landscapes of the US in the last century.

To Vidal, the Cheney–Bush cabal is the latest and most cynical group of strategists hell-bent on US empire-building—as we've seen in Afghanistan and now in Iraq—and

the corporate media have done its bidding in distorting truth and slanting public opinion. Vidal has his own horror stories to tell about hostile journalistic treatment.

Vidal (and a few other writers and researchers he quotes, such as Nafeez Mosaddeq Ahmed, whose book we featured in 9/05) suggests an alternative perspective on US motivation for the "War on Terror" and is brave enough to declare that the emperor is wearing no clothes. In the final piece, a recent interview conducted by Marc Cooper, Vidal lashes out at the evil deeds and deceptions of a succession of US governments and chides the US public for being fooled by this latest massive con. Rivetting!

THE PARTY'S OVER: Oil, War and the Fate of Industrial Societies by Richard Heinberg

New Society Publishers, Canada, 2003
ISBN 0-86571-482-7 (279pp tpb)
Availability: New Society Publishers,
website <http://www.newsociety.com>

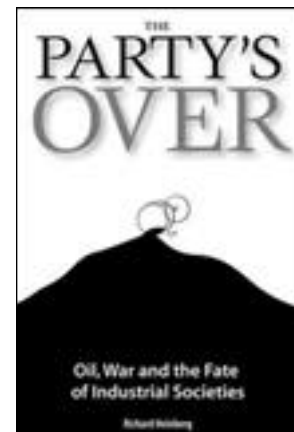
Richard Heinberg's book provides a much-needed reality check on where our fossil-fuel-consuming industrialised society is headed—and it's not towards prosperity but collapse. (Readers may recall Richard's article, "A History of Corporate Rule and Popular Protest" in NEXUS 9/06.)

Rather than relying on the data from economists, environmentalists and politicians, Heinberg places much more credence on analyses from petroleum geologists including Colin Campbell (see NEXUS 10/01). The fact is that the peak of global oil extraction will probably be reached between 2006 and 2015, and with it the peak in gross energy production from all sources, heralding an energy-led collapse of the global economy

and the electricity grids. The party is just about over. The industrialised world and all that we've become so accustomed to—primary production, manufacturing, service provision—will go through major upheaval.

Heinberg (a biodiesel enthusiast) argues that even if a switch to alternative energy sources were implemented today, industrial societies will not have sufficient energy available to satisfy existing or growing demand. We're about to enter a new era—one that must be less energy-consuming, less fast-paced and more sustainable. We should have started managing this transition in the early 1970s, so now it's urgent that we implement ways to cope with the imminent decline of oil resources and develop strategies to survive the crisis. In this regard, Heinberg makes many positive suggestions.

Unfortunately, the American way—considering the US has consumed so much of its own natural resources—is to secure access by force to the second-best supply of the world's most dwindling resource...in Iraq.



REVIEWS



HEALTH BETRAYAL: *Staying Away from the Sickness Industry*

by Eve Hillary

Synergy Books, Australia, 2003

ISBN 0-9750594-0-8 (243pp tpb)

Availability: Synergy Books Pty Ltd, tel

+61 (0)2 4388 9533, email

evehillary@smartchat.net.au

Australian nurse and natural healthcare professional Eve Hillary outlined her experiences with multiple chemical sensitivity in her 1997 book, *Children of the Toxic Harvest*, and 2000 video, *Healing the Toxic Domain* (reviewed in NEXUS 4/04 and 8/06). With the help of a rare doctor who did not see her health problems as psychological, she managed to treat her condition, which was caused by exposure to OP pesticides on the family farm in the 1980s. Ever since, she has been a staunch advocate of healthy living and an opponent of the so-called "sickness industry".

In *Health Betrayal*, Eve expands on her earlier themes with details of her battles with the Australian health and chemical authorities, media apologists and "experts", and on the industries that profit at the expense of human and animal health. She highlights the plight of doctors and therapists who are promoting wellness but are subjected to unjustified harassment because of their practices. She despairs at how globalised farming, genetically engineered food and mass vaccinations are being foisted upon the public to the detriment of personal, social and environmental health, and backs up her stance with some frightening facts.

Eve gives the UN Codex Alimentarius a serve, explaining how its rulings are putting our health freedoms under siege and pandering to the hidden agendas of transnational

food and drug corporations. She also rails against the health horrors of depleted uranium weapons used in the Gulf War, in the Balkans, in Afghanistan and now Iraq.

But Eve Hillary also delivers a positive message with suggestions for how we can bring on a "wellness revolution" by making a difference in small ways—from choosing to eat organic food and lobbying our supermarkets not to stock GE food, to throwing out toxic household products and doing our own research. She urges us to empower ourselves by becoming better informed.

SOLOMON – FALCON OF SHEBA: *The Tombs of King Solomon and the Queen of Sheba Discovered*

by Ralph Ellis

Edfu Books, UK, 2002, AUP, USA, 2002

ISBN 0-9531913-4-6 (384pp tpb, UK),

1-931882-12-6 (384pp tpb, USA)

Availability: Edfu Books, website

<http://www.edfu-books.com>;

Adventures Unlimited Press, website

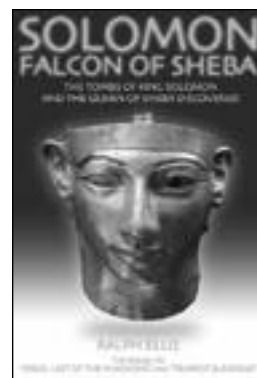
<http://www.adventuresunlimitedpress.com>

Taking up where he left off with *Jesus, Last of the Pharaohs* and *Tempest & Exodus* (NEXUS 6/04, 9/02), Ralph Ellis asks why the biblical archaeological record can't account for the true history of the Queen of Sheba, supposedly of Ethiopia, and the apparently Israelite King David and King Solomon. Wondering why the burial places of these ancient monarchs have not been confirmed, Ellis went in search of their tombs and sarcophagi and concludes that these key figures had Egyptian origins.

According to Ellis, King David of Israel was actually the 21st dynasty (c. 990–970 BC) Egyptian Pharaoh Psusennes II, and

when crowned he presided over a united Egypto-Judaean-Israelite empire—which is somewhat at odds with the officially sanctioned version of history. Having analysed the correlations between the biblical and historical records, Ellis proposes one theory that the Queen of Sheba was a princess from Lower Egypt whose hand was given in marriage to David's son, the Judaeo-Israelite King Solomon—an arrangement that suggested Solomon had a close relationship with her pharaonic family line.

Ellis delves into the meanings behind various Egyptian and Hebrew terms in his quest for the truth. He concludes that the Queen of Sheba was actually the Queen of the Sabbath day and had a role as Queen of the Great Pyramid (Mt Sinai); thus, as the Hyksos-Israelite god was considered to live inside the Pyramid, she was regarded as having the position of the Wife of God. Ellis's thesis requires much focus and isn't easily explained in a short review. Nor is his final assertion that the whole of Judaic, Christian and Islamic belief systems and iconography were based upon Egyptian antecedents.





REVIEWS

WHY AMERICA'S CHILDREN CAN'T THINK: Creating Independent Minds for the 21st Century

by Peter Kline

Inner Ocean Publishing, USA, 2002
ISBN 1-930722-10-9 (385pp tpb)
Availability: Inner Ocean Publishing,
website <http://www.innerocean.com>

Peter Kline deserves praise for making several points just in his introduction. Firstly, he laments that teachers are restricted from using their wisdom as their life



experience tells them it should be used—and if you know any talented teachers restricted by the system, you'd know what he means. Secondly, he stresses the importance of having a sense of history—in science, mathematics, the arts—yet points out that because history changes as new discoveries and interpretations are made, we must be wary about making false assumptions.

Our postmodern society is changing to the point where anything you learn will be out of date by the time you learn it. Your best bet, according to Kline, is to chart your own unique path through the information jungle while being able to develop a meaningful relationship with it—to be free to explore it in a subjective manner. This attitude is fundamental to Peter Kline's philosophy about the education of children today—and we adults can find inspiration in this, too. If you ever entertained a really big idea as a little kid and yet strangely have never forgotten it, indeed have striven to achieve it over the years, then that idea/feeling/passion should be nurtured. Likewise, such creative spark needs to be kindled in children.

Kline, who has over 30 years' experience as a teacher and learning skills specialist, argues that reading not just for comprehension but in the light of personal interpretation is one of the keys to encouraging children to have the creative, independent minds that will be demanded of them in tomorrow's information age. And if we're going to over-

come the seeming growing literacy challenges, we need to understand how the brain learns to read text and decode the "mystery and miracle of language".

Why America's Children Can't Think is an educational excursion into exciting new possibilities for teachers, parents and children.

MOTHERS: PREVENT YOUR DAUGHTERS FROM GETTING BREAST CANCER

by Sherrill Sellman

GetWell International, USA, 2002
ISBN 0-9750487-0-8 (359pp tpb)
Availability: GetWell International, website <http://www.sellman.com>

In her new book, women's health advocate, educator and author Sherrill Sellman (*Hormone Heresy*) explains that breast cancer is a preventable disease. One of her focuses here is to address the growing rate of breast cancer in young women in their 20s and 30s and explore what could be responsible for this rise. The real-life stories she presents are extremely poignant.

Sherrill writes at length about the endocrine disrupters and oestrogen mimics that have found their way into the environment and living creatures (including us) and their carcinogenic and genetic effects. She examines the risk factors associated with synthetic hormones including oestrogen and progestin—now regarded by the US EPA as carcinogens—and laments that young teenage girls are being prescribed the Pill just to treat acne. Her list of vitamin/mineral imbalances the Pill causes—let alone its environmental effects—is an eye-opener. This chemical sea that has flooded our daily lives is implicated in the growing rates of birth defects in boys and "precocious puberty" in girls as young as seven—and, again, more heartfelt case studies strike home that we really have major problems on our hands that require urgent remedial action.

While the book's title is aimed at mothers and their daughters, the information is still relevant for fathers and sons. We can do much to make our bodies and our environments healthy enough so as to reduce cancer susceptibility, and Sherrill gives great advice on removing toxins from the home, sugar from the diet and synthetic hormones from the medicine chest—and replacing these toxic substances with safe alternatives.

Sherrill encourages mothers to keep a check on their own and their daughters' hormonal and breast health. Intrinsic to this motivation, though, is that women and girls appreciate the female body as a vessel of wisdom and menstruation as a powerful connection with the body's natural rhythms.

Sherrill herself is a font of knowledge and wisdom, and her book is a must-read.

REVIEWS



BOOKS

Reviewed by Ruth Parnell

FLOOD YOUR BODY WITH OXYGEN: Therapy for Our Polluted World

by Ed McCabe

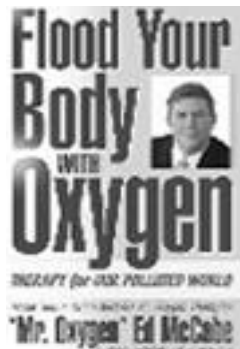
Energy Publications, USA, 2003 (5th ed.)
ISBN 0-9620527-2-8 (593pp tpb)

Availability: From website

www.floodyourbodywithoxygen.com or
Progressive Promotions Pty Ltd., 9

Tradeway, Kilsyth Vic 3137 Australia.

Tel: 03 9720 6619; Fax: 03 9720 6095



One of our pet topics over the years has been Oxygen Therapies, and one of the great popularisers out of the USA has been journalist Ed McCabe, aka "Mr Oxygen". His first book, *Oxygen Therapies: A New Way of Approaching Disease*, was an international bestseller by word of mouth, and videotapes of Ed's lectures have been very well received (see reviews in NEXUS 2/02, 2/09, 2/12). Now he's released *Flood Your Body with Oxygen* (the fifth edition thereof, though we haven't sighted the first four). It's a major update on his first book and a must-have for anyone looking for ways to improve their own health and that of their family and even their pets and their plants.

At the basis of this therapy is the observation that disease micro-organisms are anaerobic, i.e., they thrive in an oxygen-depleted environment, yet they can be annihilated in oxygen-rich conditions. Of course, oxygen can't be patented, so the proliferation of oxygen therapies is indeed a threat to the medical/pharmaceutical industry. Matters came to a head in McCabe's life in 1998 when he was suddenly imprisoned for 18 months on trumped-up tax violation charges. But he's not the only person to promote oxygen therapies and incur the wrath of the medical authorities and corporate media.

In this massive book, Ed looks at oxygen therapy science, history, medical evidence, protocols, uses, practitioners and politics, and reviews a wide range of related resources. Highly recommended.

CD-ROM

Reviewed by Duncan Roads

GRIDPOINT™ 3.0 – The World Grid Mapping Program

Quark Enterprises Ltd, New Zealand, and Harmonitech, USA © 1993–2003

(5-disc set; minimum system requirements: IBM-compatible PC with Intel Pentium processor, MS Windows 95 or higher, 32MB RAM, 20MB hard drive space; monitor resolution 800 x 600 or higher)

Availability: **New Zealand**—Bruce L. Cathie, Quark Enterprises Ltd, tel +64 (0)9 818 4291, email brucelc@ihug.co.nz, Gridpoint website, <http://homepages.ihug.co.nz/~brucelc>; **USA**—Rod Maupin, Harmonitech, tel +1 (360) 446 1050, email gridman144@msn.com

Gridpoint™ (formerly Gridworks) allows users to calculate relationships and positions of points on the Earth's surface. Its most popular use is for the calculation of sites on the planet's energy grid.

All the top-secret bases that matter are on this grid system, as are most ancient mystery sites. If you want to know more about this subject, read Bruce Cathie's excellent books.

This latest CD-ROM version is a major update on the old floppy disk days. It has five CDs which give precise data for plotting whatever part of the world grid you want.

It would help enormously if you've read Bruce Cathie's books, but the program has a Quick Start Guide just for beginners.

PRODUCT

Reviewed by Duncan Roads

SAFE-T-FONE

by Safe-T-Fone P/L, Victoria, Australia
Price: A\$29.95 inc. GST and p&h in Aust
Availability: NEXUS offices; Australia—
PO Box 30, Mapleton Qld 4560, tel (07)
5442 9280, fax (07) 5442 9381, website
<http://www.nexusmagazine.com>

If you've been looking for a device that can protect you from electromagnetic fields and radiofrequency waves when you use your mobile phone, then look no further.

The Safe-T-Fone comprises an earpiece attached to the phone via a plastic tube. It has no wires, speakers or antennae that you need to be shielded from, and there are no transmitters or receivers involved, making it a safe option. The earpiece and cord/tube can easily be disconnected from the phone. The product is inexpensive, fits all brands of mobile phone and comes in four colours (red, blue, yellow and clear/white).

We think it's so good, we've decided we should sell it through the magazine!



REVIEWS

MUSIC

Reviewed by Richard Giles

YOL BOLSIN

by Sevara Nazarkhan

RealWorld Music, USA, 2003 (57mins)
Distributors: **Aust**—MRA Entertainment, tel (07) 3849 6020; **UK**—Real World Records, tel 0208 964 6000; **USA**—Narada, tel (414) 961 8350, website <http://www.realworldrecords.com>

This is the first CD of Uzbekistan music we've reviewed and it's a significant treat of evocative, timeless songs from the Uzbek culture with its tradition of putting poetry to music. There are love poems, songs praising the young bride, sacred verses, songs of spring and children's growing songs. All are backed by Central Asian instruments, both traditional and modern. Sevara Nazarkhan, whose instrument is the doutar, a 15th-century two-stringed lute, has created a fascinating musical portrait of her homeland. Definitely a collector's album.

EMBRACE

by Deva Premal

Prabhu Music, USA, 2002 (56mins)
Distributors: **Australia**—New World Music, tel (02) 9565 4522, **USA**—Prabhu Music, website <http://www.MitenDevaPremal.com>

Deva Premal, in cooperation with her partner Miten, has taken the chanting world by storm with her devoted, lyrical, heartfelt renderings of traditional sacred chant music from India and Tibet. The reciting of sung or spoken mantra is undergoing an experiential revival in the West, and Deva Premal is one of the key exponents. This beautiful, engaging mantric singing, backed up by musicians on traditional and modern instruments, thrills your inner light. A transcendental album.

MOROCCAN GYPSIES

by Sidi Mimoun and Ben Souda

ARC Music Prodn, UK, 2002 (74mins)
Distributor: **UK**—ARC Music, tel +44 (0)1342 328 567, website <http://www.arcmusic.co.uk>

The Gypsies originated in northern India, making their way into the Mediterranean region and throughout Europe. In Morocco, gypsies call themselves Dom (from *domari*, meaning "man"). Many live a musical lifestyle, performing or entertaining for their living. These two groups, Sidi Mimoun and Ben Souda, have made their name in Europe since the 1970s at international music festivals. On this CD, they play music from street festivals, weddings and celebrations as

well as spiritual exaltation pieces. Exciting Gypsy/Muslim Moroccan music.

RUMBA FLAMENCO

by various artists

Putumayo, USA, 2002 (47mins)
Distributors: **Aust**—MRA, tel (07) 3849 6020; **UK**—Pinnacle Imports, tel 01689 870622; **USA**—Putumayo, tel 1888 7888 8629, <http://www.putumayo.com>

A soulful collection Spanish flamenco with influences of salsa, gypsy rumba, rhythm and pop that integrates the modern upbeat influence of groups like The Gypsy Kings. The rumba style originated in north-eastern Spain and southern France and fuses the passion of traditional flamenco with Cuban son and salsa rhythms. Featured on this Putumayo album are Ziroq, Gitano Family, Eric Fernández, Chico and the Gypsies, De Madera, Wafir, Javier Ruibal and more. Passionate, Latin gypsy sounds.

REZOS

by Bobi Céspedes

Six Degrees, USA, 2002 (47mins)
Distributors: **Aust**—MRA, tel (07) 3849 6020; **UK/USA**—Six Degrees Records, <http://www.sixdegreesrecords.com>

I was taken by the divine Earth-motherly face of Bobi Céspedes on the *Rezos* cover, and her music certainly did not disappoint me. Bobi is a priestess in the sacred Yoruba religious tradition that Cubans call Lucumi; it preserves original African elements that make up all of their music. As a girl, Bobi led the singing to the Orisha deities (the forces of nature), and continued her sacred singing after she left for the USA in 1959. In the 1990s she sang with Mickey Hart's Planet Drum (see review in NEXUS 6/03), which brought her to international prominence. This is a very beautiful mix of old Cuban/African sounds with modern, funky, organic, laid-back rhythms.

